



## *Lactobacillus*

Lactobacillus produce lactic acids and occurs in two active forms, D (-) Lactic acid and L (+) Lactic acid. The L (+) Lactic acid is completely metabolized by the body but D (-) Lactic acid used very slowly by the body and excess D (-) Lactic acid can introduce metabolic disturbances.

In 1979 the New England Medical Journal reported that tests revealed that Lactobacillus Acidophilus is a producer of D (-) Latic acid and that Lactobacillus Sporogenes produces L (+) Lactic acid. Further, The World Health Organization has recommended restricted intake of products containing high concentrations of D (-) Lactic acid to prevent acidosis. In the Infant Nutritional Program, such products should be avoided because of the inability of babies to transform D (-) lactic acid. Lactobacillus Sporogenes produces L (+) Lactic acid is an ideal choice and in this situation and it fulfills the W.H.O. recommendation for Infant Nutrition Programs.

from "Probiotic Lactic Acid Bacteria" Townsend Letter for Doctors and Patients #147,  
p.89-91 B. Gandhi Phd

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